

Using the Lugol's Iodine, Borax, Alkalizing and Turpentine Protocols Against Candida and Parasites

by Bill Thompson

The nutrient protocols described herein are strong, natural protocols that will help to eliminate candida, parasites, bacteria, viruses, mycoplasma etc from your body and help your recovery against candida. These anti-candida protocols are more fully described in my book [Candida:Killing So Sweetly](#), which also describes and details [candida progression and behaviour](#) and a proper diet to help get rid of candida as well as including other essential protocols which will help to protect the liver/kidneys and boost the immune system. The nutrient activity of my protocol is [shown here in a simple at-a-glance tabulated format](#).

You should take all the protocols given below -- Lugol's Iodine, Borax, Alkalizing and the Turpentine/Castor Oil protocol if you have serious candida/pathogen/parasite issues. The best way to start is to introduce each of these protocols one by one. Use a protocol for awhile, learn about it, get used to it and adjust dosages and frequency accordingly to your own needs then move on and use the next protocol. This will allow you to experience the Herx or die-off and detox effects and adjust each protocol individually and safely to suit your own needs. You should not start these protocols all at once -- they are very powerful!! You should also take all these protocols exactly as advised and please don't take shortcuts for convenience.

See Next Page

Iodine

Using 5% Lugols Iodine or Iodoral

Age Range	Dosage	Comment
0 to 3 years	1/2 to 1 drop	To get 1/2 drop of iodine dose, add one drop to a glass of water and pour away half of the mix.
Between 3 to 5 y o	1 drop	Use 5% Lugol's Iodine
Between 5 and 9 years	2 drops	Use 5% Lugol's Iodine
Between 9 and 16 years	4 drops	Use 5% Lugol's Iodine
16 years and up	8 drops or more	Use 5% Lugol's Iodine

Taken with a glass of water with meals or outside mealtimes

For larger iodine dosages, work up to the full dosage and frequency **slowly**

Larger drop dosages(for adults) should be taken in smaller split dosages 3 or 4 times a day

Activity: anti-viral, anti-bacterial, anti-fungal, anti-parasitic – essential for the thyroid gland – anti-cancer – essential for whole body iodine needs – helps to regulate the body's hormones – reduces mucus – raises metabolic efficiency – increases energy – chelates heavy metals – removes fluorine and bromine from the body – helps regulate proper bone formation – heals breast cysts and uterine cysts -- essential as ammunition for the immune system.

Lugol's Iodine Drop to Mgs Conversion Chart

Lugol's Solution Concentration	Iodide	Iodine	Total Dosage (per drop)
2%	1.50 mg	1.0 mg	2.50 mg
3%	2.25 mg	1.5 mg	3.75 mg
5%	3.75 mg	2.5 mg	6.25 mg
7%	5.25 mg	3.5 mg	8.75 mg
10%	7.50 mg	5.0 mg	12.50 mg
15%	11.25 mg	7.5 mg	18.75 mg

Source and Availability: Chemists, vets(pet doctors) or from internet vendors such as ebay.com and amazon.com.

Alternatives: You can also use Iodoral which is made by Optimox Corporation(from internet vendors). Iodoral is just Lugol's Iodine in pill form. You can only buy Iodoral in 12.5 mgs(equivalent to two drops 5% LI) or 50 mgs(8 drops 5% LI) per pill dosages. I prefer 5% LI solution because you can more easily vary and take smaller dosages for kids.

Toxicity: Low

Comment: With larger dosages of iodine, please make sure to slowly work up to the daily iodine dosage given above and split the dosage throughout the day. The Iodine Protocol companion nutrients should always also be taken along with Lugol's Iodine supplementation to avoid problems. See References below for more detailed information on Iodine.

Avoid using the Nascent Iodine form because, unlike LI, this form of iodine does not remove heavy metals or halides(bromine, fluorine) from the body.

Caveats: Always take iodine with the Iodine Protocol companion nutrients – which includes taking selenium, zinc, magnesium, vitamin C, B vitamins and higher dose niacin. Daily dosages are shown here:

(Adult dosages are shown)

- **Selenium** – 200 – 400 mcg per day
- **Magnesium** – 400 – 1200 mg per day
- **Zinc** -- 25 mgs per day
- **Vitamin C** – 3,000 – 10,000 mg per day
- **Vitamins B2/B3 (ATP CoFactors)** – 100 mg riboflavin and 500 mg no flush niacin, inositol hexanicotinate form, 1-2x per day
- **Unrefined Salt (Celtic)** – 1/2 tsp. or more per day

For a good source of multivitamins(Gynovite for women, Androvite for men), Iodoral and ATP Cofactors see these suppliers:

iHerb.com

[Pure Formulas](#)

References:

[The Guide to Supplementing with Iodine](#)

[Iodine Companion Nutrients](#)

[Supplementing Lugol's Iodine](#)

[The Magic of Lugol's Iodine](#)

[Optimox Iodine Research](#)

Borax

(Sodium Tetraborate)

Two protocols to choose from – use one of these protocols

1. Ted from Bangkok's Borax Water Protocol

Dosage: 1/8 tspn for women or 1/4 tspn for men of borax in a liter of water

Drink one liter(or as much as possible) of this solution throughout the day on a daily basis

Take this remedy for 5 days only, then take 2 days off this protocol

Take this protocol outside mealtimes.

2. Walter Last's Borax Tea Protocol

Prepare 1 quart (or 1 liter) of organic, fresh cold herbal tea of your own choice (like *Gymnema sylvestre** or green tea) and add one tablespoon of a saturated solution of borax**. If you want, add glycerin or organic stevia to sweeten for taste. No sugar. You should drink this throughout the day. If you wish, you can also optionally add Vitamin C powder (1000 mgs), glutamine powder (500 mgs), 1/2 teaspoon of MSM (Methyl-Sulphonyl-Methane) powder and 1/4 to 1/2 tspn of sodium bicarbonate (baking soda) to this drink for further beneficial effects. This is Walter Last's candida remedy using borax. Start with a much smaller amount and gradually over 2 weeks increase to the full dose. If any reactions or problems arise with this cut back again to a smaller amount and then gradually increase again. Take this protocol outside mealtimes.

** Recent research has discovered that extracts from *Gymnema sylvestre* actively inhibits the candida morphing into its more virulent fungal parasitic form in the body. The yeast form is much easier to deal with.*

*** To make a saturated solution of borax, add a tablespoon of water into a glass and add borax crystals to it carefully in small amounts until no more dissolves (ie until the borax crystals remain as visible undissolved borax particles in solution). You now have a saturated solution of borax.*

Activity: -- the ultimate yeast/fungus killer – kills mycoplasma and other bacteria as well – kills parasites -- cures arthritis -- regulates bone maintenance – insecticidal – helps to regulate the body's hormones – removes fluoride from the body – alkalizes the body.

Toxicity: Borax has the same or similar toxicity profile as common table salt (according to the Material Safety Data Sheet for borax).

Source or Availability: 20 Mule Team Borax (unscented) found in the washing aisle of supermarkets and sold at internet vendors such as ebay.com and amazon.com.

Comment: Both these protocols can be taken continuously on a rolling 5 days on, 2 days off basis.

Caveats: None

References:

[The Borax Conspiracy – Walter Last](#)
[The Arthritis Cure -- Rex Newham](#)

Next Page

Alkalizing Remedies

To successfully alkalize the whole body you must alkalize both the blood and alkalize the cells on a daily basis

Alkalizing the Blood

Sodium Bicarbonate(Baking Soda) and Water

In one glass add:

Half a glass of water

¼ to ½ tspn Sodium Bicarbonate

Mix well and drink

Take this remedy once or twice a day outside mealtimes

Activity: -- kills yeast/fungus – improves digestion – improves blood alkalinity and homeostasis – improves body pH – alkalizes the blood.

Source or Availability: Arm & Hammer Baking Soda, Bob's Red Mill Baking Soda, bought in supermarkets and sold from internet vendors such as ebay.com and amazon.com.

Toxicity: Low

Comment: Alkalizes the intestines and blood. Take this alkalizing protocol one hour before or two hours after meals as a rough guide. Take this protocol once or twice a day. Never take this protocol with meals.

Caveats: None.

Alkalizing the Cells of the Body

Two protocols to choose from – use one of these protocols

1. Fresh Lemon or Lime Juice, Sodium Bicarbonate and Water

Squeeze one fresh lemon or lime into a glass

Add half a glass of water

Add Sodium Bicarbonate(Baking Soda) until the fizzing stops and drink

Take this remedy at least twice a day outside mealtimes

Activity: -- kills yeast/fungus – improves digestion – improves body electrochemistry and homeostasis – improves body pH – alkalizes the blood and cells.

Source or Availability: Arm & Hammer Baking Soda, Bob's Red Mill Baking Soda, bought in supermarkets and sold from internet vendors such as ebay.com and amazon.com.

Alternatives: The following are stronger alkalizing combination remedies with wider action which are described in the [Useful Combination Remedies](#) at the end of this document: The advantage of these remedies is that they combine various nutrients into simple and easier-to-take combo remedies :

[Alkalizing Combo No 1](#) - Contains water, LI, Vitamin C, Glutamine, MSM, lemon/lime juice, Gymnema sylvestre, ACV and Sodium Bicarbonate.

[Alkalizing Combo No 2](#) Contains water, Borax, Vitamin C, Glutamine, MSM, lemon/lime juice, Gymnema sylvestre, ACV and Sodium Bicarbonate.

Toxicity: Low

Comment: Alkalizes the cells and intestines. Only fresh lemon juice or lime juice should be used – store bought bottled lemon or lime juices are not allowed because of added preservatives, chemicals etc. Take this alkalizing protocol one hour before or two hours after meals as a rough guide. Never take this protocol with meals.

Caveats: None.

2. Organic ACV, Sodium Bicarbonate and Water

Add 2 tablespoons organic Apple Cider Vinegar into a glass

Add half a glass of water

Add Sodium Bicarbonate(Baking Soda) until the fizzing stops and drink

Take this remedy at least twice a day outside mealtimes

Activity: kills yeast/fungus – improves digestion – improves body electrochemistry – improves body pH – alkalizes the intestines and blood.

Source or Availability: Use Bragg's ACV or any organic ACV. Sold in supermarkets and health shops and sold from internet vendors such as ebay.com and amazon.com.

Alternatives: The following are stronger alkalizing combination remedies which are described in the [Useful Combination Remedies](#) at the end of this document. The advantage of these remedies is that they combine various nutrients into simple and easier-to-take combo remedies :

[Alkalizing Combo No 1](#) Contains water, LI, Vitamin C, Glutamine, MSM, lemon/lime juice, Gymnema sylvestre, ACV and Sodium Bicarbonate.

[Alkalizing Combo No 2](#) - Contains water, Borax, Vitamin C, Glutamine, MSM, lemon/lime juice, Gymnema sylvestre, ACV and Sodium Bicarbonate.

Toxicity: Low

Comment: Alkalizes the intestines and blood. Take this alkalizing protocol at least one hour before or two hours after meals as a rough guide. Never take this protocol with meals.

Caveats: None.

References:

[pH Balanced for Life \(ebook\)](#)

The Turpentine/Castor Oil Protocol

Using Turpentine and Castor Oil mixed together

Age Range	Castor Oil	Turpentine
1 - 5 years	up to 3 tspns	1/4 tspn to 1/2 tspn
5 - 12 years	4 to 5 tspns	> 1/2 tspn
16 years and above	up to 3 tablespoons	1 tspn or more

Normally supplemented once a week or two or three times a week as required(See Below)

Can be taken with or without food

Work up to the full dosage slowly

Chlorella(or Kelp or Spirulina) should also be supplemented 1 hour after taking this protocol to help remove and mop up the heavy metals and poisons that will be released into the intestines from destroyed biofilms when you take this protocol.

Activity: antifungal -- antibacterial -- anti-viral -- anti-parasitic(both large and small parasites) -- laxative -- energizing, calming -- It's anti-pathogen and laxative effects are used to rapidly clear out bad pathogens and poisons from the gut and is also used at lower dosage for intestinal health maintenance -- Does not kill good gut microbiota.

Comment: If there is little or no Herx reaction to the turpentine/CO protocol then you should perhaps increase the dosages. If you have severe die-off and detox issues when you first start this protocol then you should reduce dosages of turpentine and castor oil accordingly. In other words, regarding dosages and frequencies, you will have to find a happy balance between the protocol's Herx or die-off and detox effects and the successful and rapid elimination of candida, parasites and biofilms from your own body.

If you decide to use this protocol on an every day basis, then you should take it consecutively for no more than 5 days without having a few days rest from the protocol. Taking this protocol every day without a break might be too taxing with all the Herx and detox side-effects. A better way would perhaps be to take this protocol every other day. Then at least you will have a much needed regular break from the protocol and it wouldn't be so taxing for your liver.

There are two ways to take the turpentine/CO protocol:

Maintenance Adult Dose: For adults -- 1 tspn Gum Turpentine, 1 tablespoon Castor Oil. Can be taken once every other day. You should not get a full laxative effect with this dosage. If you do then reduce the dosage of castor so that it just helps to loosen your stools. This lower dosage can be taken every day up to maximum of 5 days or it can be taken safely on a day on, day off basis.

Strong Acting Adult Full Laxative Dose: For adults at full laxative strength -- 1 tspn Gum Turpentine, 3 to 4 tablespoons Castor Oil. Take this once a week only.

Toxicity: Low

Source and availability: Use any form of pure gum spirit turpentine that has a distillation boiling point of between 150 – 200 Degrees C. You can also use the organic [Diamond G Forest Turpentine](#) that is made in America. Use cold pressed organic castor oil. You can also buy it off these off the internet from ebay.com and amazon.com

Caveats & Warnings: If you are going to use the turpentine/CO protocol over a longer period of time then be sure to hydrate your body properly with water and ensure that you take a good mineral supplement every day as well. Use the turpentine/CO protocol on a 5 days on 2 days off basis.

References:

[Kerosene – A Universal Healer](#)
[The Candida Cleanser](#)

Useful Remedy Combinations

I also thought that it might be helpful and useful to show some easy and convenient ways of combining the remedies given in this document with other nutrients to save some time and to make it easier all around. Since the dosages etc have already been described above, I'm only going to give a quick run through of how to combine them with some caveats at the end. I regularly use all these combo remedies myself without any problems – Been using them for years and they are very effective. Also please be aware that these alkalizing protocols will do much more than just alkalize the body and the cells.

Special Alkalizing Combo No 1

In one glass add:

One squeezed Lemon/Lime

1 tablespoon ACV

¼ to ½ teaspoon Gymnema sylvestre herb*

Add full glass of water

Add MSM – Methyl-Sulphonyl-Methane(1/2 tspn)

Add Glutamine (1/8 tspn or 500 mgs)

Add 5% Lugol's Iodine (6 drops)

Add Vitamin C as Ascorbic acid (1/4 tspn or 1000 mgs)

Add Sodium Bicarbonate(Baking Soda) until the fizzing stops.

** Recent research has discovered that extracts from Gymnema sylvestre actively inhibits the candida morphing into its more virulent fungal parasitic form in the body. The yeast form is much easier to deal with. GS also helps to lower blood sugar.*

Take this drink twice a day outside mealtimes(take it up to one hour before or two hours after meals as a rough guide). Useful against candida/pathogens, digestive problems, low or hypothyroid conditions, heavy metal and halide detoxer and useful for damaged gut/allergies.

This drink is a strong alkalizer, heavy metal detoxer (MSM, Vitamin C, LI), strong anti-pathogen(due to LI), repairs intestines(due to MSM, glutamine and vitamin C), benefits the thyroid gland(LI), strong Immune booster etc. If you haven't got all the ingredients, it really doesn't matter. Just add in what you can and you will benefit from it.
ad(made as shown above in the Borax section).

Special Alkalizing Combo No 2

This is virtually the same remedy as the first drink except you just subtract the Lugols Iodine and ordinary water and just add in the borax water instead

In one glass add:

One squeezed Lemon/Lime

1 tablespoon ACV

$\frac{1}{4}$ to $\frac{1}{2}$ teaspoon Gymnema sylvestre herb*

Add a full glass of Borax Water as made above in the Borax section

Add MSM – Methyl-Sulphonyl-Methane(1/2 tspn)

Add Glutamine (1/8 tspn or 500 mgs)

Add Vitamin C as Ascorbic acid(1/4 tspn or 1000 mgs)

Add Sodium Bicarbonate(Baking Soda) until the fizzing stops.

**Recent research has discovered that extracts from Gymnema sylvestre actively inhibits the candida morphing into its more virulent fungal parasitic form in the body. The yeast form is much easier to deal with. GS also helps to lower blood sugar.*

Also drink or sip this drink twice a day outside mealtimes(take it up to one hour before or two hours after meals as a rough guide). Useful against candida, an arthritis cure, detoxer and beneficial for damaged gut/allergies.

This drink is strongly anti-fungal(borax), strongly alkalizing, fluoride detoxer(borax), repairs intestines, heavy metal detoxer(MSM, vitamin C), immune booster etc. If you haven't got all the ingredients, it doesn't matter. Just add what you can and you will benefit from its effects.

Caveats and Warnings: Do not take the Turpentine Protocol at the same time as any of the above special alkalizing drinks. Never mix Borax and Lugols Iodine together in any one drink or take them at the same time – they are not chemically compatible together.

Disclaimer

The information provided in this document should not be used for diagnosing or treating a health problem or disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider.